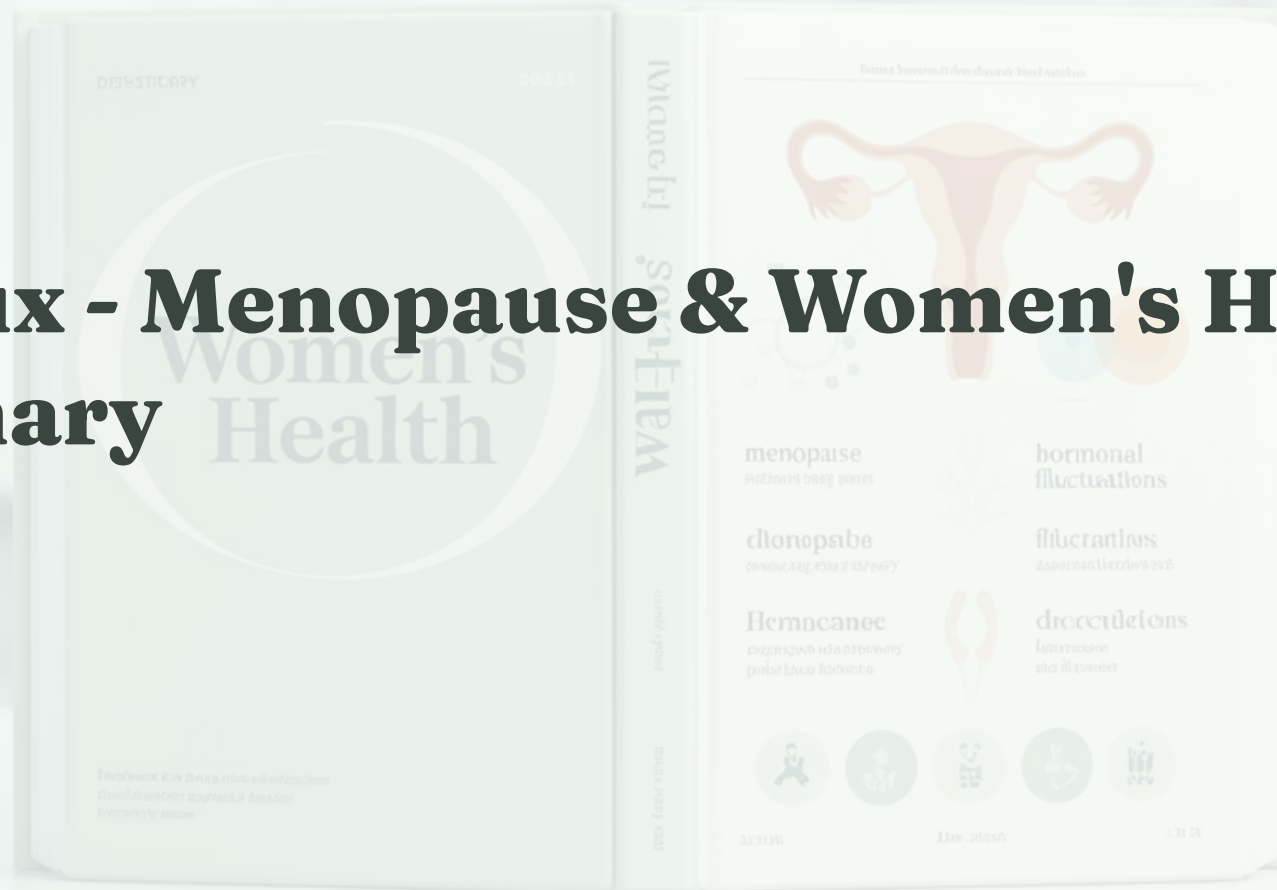


Menolux - Menopause & Women's Health Dictionary



Menopause Life Stages

1

Menopause

The natural end of menstruation, diagnosed after 12 months without a period, typically between ages 45 - 55.

2

Perimenopause

The transition leading to menopause, marked by fluctuating hormones, irregular cycles, and early symptoms.

3

Postmenopause

The stage after menopause; symptoms may persist or evolve, and health risks such as osteoporosis and heart disease increase.

4

Premature Menopause

Menopause before age 40, caused by genetics, surgery, or medical treatment.

5

Surgical Menopause

Immediate menopause due to surgical removal of ovaries (oophorectomy).

6

Iatrogenic Menopause

Menopause induced by treatments such as chemotherapy or radiation.

7

Climacteric

The medical term covering the entire transition from perimenopause through postmenopause.

Perimenopause-Specific Terms

Hormonal Imbalances

- **Estrogen Dominance:** High estrogen relative to progesterone, often leading to bloating, breast tenderness, heavy cycles, and mood swings.
- **Progesterone Deficiency:** Decline in progesterone that may cause insomnia, anxiety, and irregular cycles.
- **Anovulatory Cycles:** Menstrual cycles without ovulation, common in late perimenopause, leading to irregular bleeding.

Common Symptoms

- **Vasomotor Symptoms (VMS):** Hot flashes and night sweats caused by fluctuating estrogen levels.
- **Sleep Disturbances:** Insomnia or disrupted sleep associated with hormonal shifts.
- **Menorrhagia:** Heavy or prolonged menstrual bleeding during perimenopause.
- **Mood Dysregulation:** Anxiety, irritability, or depression related to hormonal changes.
- **Breast Tenderness (Mastalgia):** Soreness in the breasts caused by hormone fluctuations.
- **Brain Fog:** Difficulty concentrating and memory lapses related to hormonal changes.

Postmenopause-Specific Terms

Genitourinary Changes

- **Genitourinary Syndrome of Menopause (GSM):** Vaginal dryness, burning, and urinary symptoms caused by reduced estrogen levels.
- **Vaginal Atrophy:** Thinning of vaginal tissues leading to painful intercourse.
- **Urogenital Atrophy:** Estrogen loss affecting bladder and urethra, causing urinary symptoms.

Bone & Muscle Health

- **Osteopenia:** Early bone density loss that can progress to osteoporosis.
- **Osteoporosis:** Severe bone density loss increasing the risk of fractures.
- **Sarcopenia:** Loss of muscle mass linked to aging and hormonal decline.

Metabolic & Cardiovascular

- **Cardiovascular Disease (CVD):** Increased risk of heart disease after menopause due to the loss of estrogen's protective effects.
- **Metabolic Syndrome:** A group of conditions including high blood sugar and blood pressure that raises the risk for diabetes and heart disease.
- **Insulin Resistance:** Reduced sensitivity to insulin, often leading to weight gain and increased diabetes risk.

Hormones and Lab Tests

Primary Sex Hormones

- **Estradiol (E2):** The main estrogen during reproductive years, measured in hormone testing.
- **Estrone (E1):** The primary estrogen after menopause.
- **Progesterone:** A hormone that balances estrogen, supports sleep, and calms the nervous system.
- **Testosterone:** An androgen that supports libido, energy, and muscle mass in women.
- **DHEA (Dehydroepiandrosterone):** A precursor hormone for estrogen and testosterone.

Pituitary Hormones

- **FSH (Follicle-Stimulating Hormone):** Rises in menopause and is used to confirm ovarian decline.
- **LH (Luteinizing Hormone):** Works with FSH; rises in menopause.
- **SHBG (Sex Hormone Binding Globulin):** A protein that binds sex hormones and regulates their availability.

Additional Important Tests

- **TSH (Thyroid-Stimulating Hormone):** Assesses thyroid function, which often overlaps with menopausal symptoms.
- **Free T3 / Free T4:** Active thyroid hormones influencing metabolism and energy.
- **Cortisol:** The stress hormone; chronic elevation can worsen menopause symptoms.
- **HbA1c:** A measure of average blood sugar, used to detect insulin resistance.
- **Lipid Panel:** Measures cholesterol and triglycerides, important for heart health after menopause.
- **Vitamin D (25-Hydroxy Vitamin D):** Essential for bone health and hormone regulation.
- **CRP (C-Reactive Protein):** A marker of inflammation, often linked to weight changes in menopause.

Medical Conditions Associated with Menopause



Thyroid Disorders

Hypothyroidism or hyperthyroidism, which can share symptoms with menopause.



Adrenal Dysfunction

Imbalances in cortisol production impacting stress and energy levels.



Sleep Apnea

More common in postmenopausal women due to weight and hormonal shifts.



Cognitive Decline

Memory issues or an increased risk of dementia after menopause.



Depression and Anxiety

Emotional disorders that can be exacerbated by hormonal changes.

- ❏ Many conditions share symptoms with menopause, making proper diagnosis crucial for effective treatment. Comprehensive testing is often needed to differentiate between menopause symptoms and other medical conditions.

Treatment and Therapy

Hormone-Based Treatments

HRT (Hormone Replacement Therapy)

Prescription estrogen, sometimes combined with progesterone, to relieve menopausal symptoms.

BHRT (Bioidentical Hormone Therapy)

Plant-derived hormones chemically identical to those in the body.

SERMs (Selective Estrogen Receptor Modulators)

Medications such as raloxifene that target specific estrogen receptors.

Vaginal Estrogen

Localized estrogen therapy for genitourinary symptoms.

Non-Hormonal Approaches

Non-Hormonal Therapies

Medications such as SSRIs, gabapentin, or clonidine for managing hot flashes.

Phytoestrogens

Natural plant compounds with estrogen-like properties.

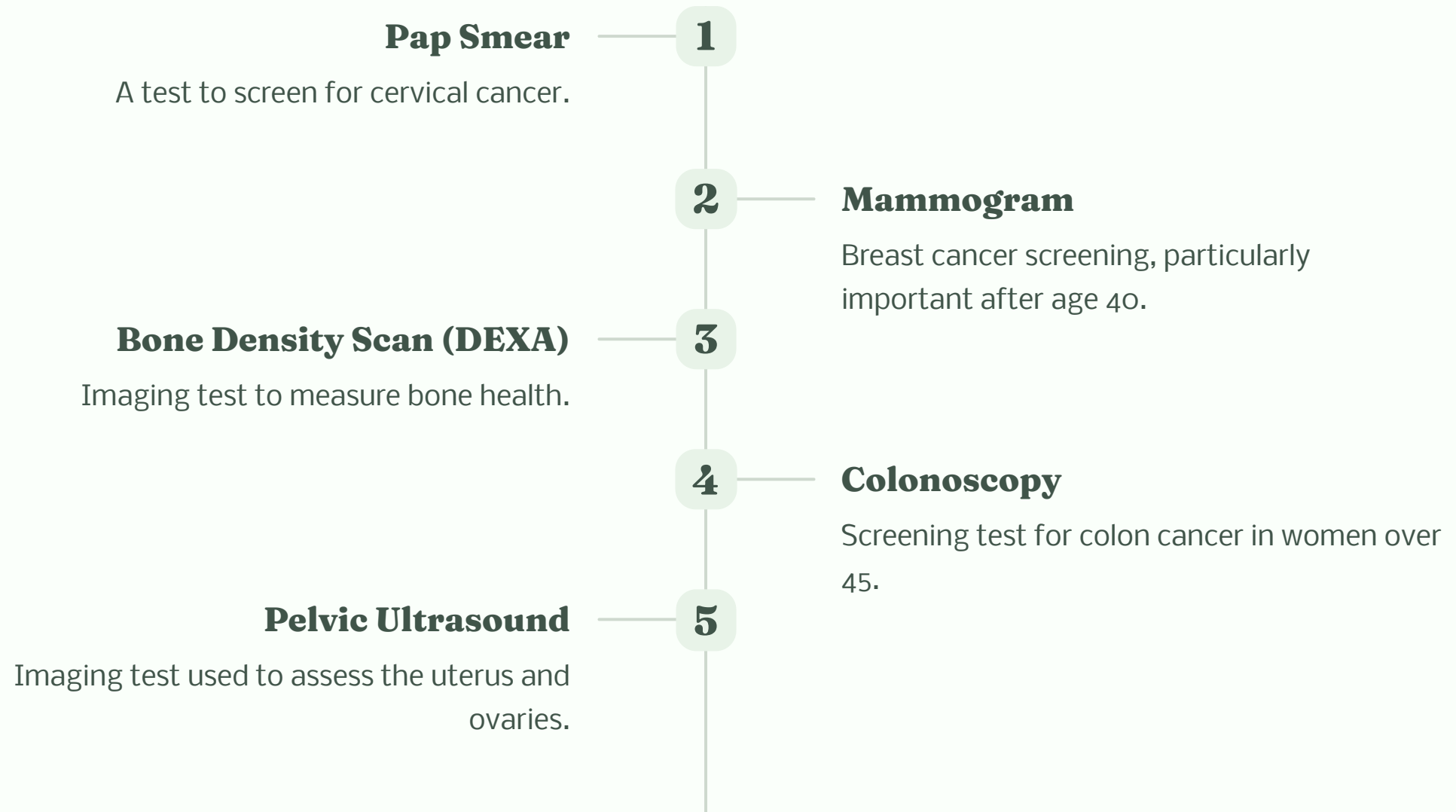
Adaptogens

Herbs like ashwagandha or maca that support energy and stress management.

Pelvic Floor Therapy

Physical therapy for urinary incontinence or pelvic floor weakness.

Women's Health and Preventive Care



i Regular preventive screenings become increasingly important during and after menopause as risk factors for various conditions increase with age and hormonal changes.

References

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DISCLAIMER: This dictionary serves as a comprehensive reference for understanding the terminology related to menopause and women's health. For personalized medical advice, please consult with a healthcare provider.

Connect with Menolux Health & Wellness

We are dedicated to providing comprehensive resources and support for women's health. Feel free to reach out to us with any inquiries or feedback.



- Email: menoluxhealthandwellness@gmail.com
- Website: www.menoluxspa.com

Your well-being is our priority. We look forward to connecting with you.